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ROC TO ROCK!

Discover the music that has kept Mass feeling upbeat.

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PRESIDENTIAL CANDIDATES ON CLIMATE CHANGE

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DOES LIFE REALLY TAKE VISA?

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GO RANGERS, GO!

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REGIS UNIVERSITY

Highlander

a weekly publication



Serving the Regis community since 1888

Volume 90, Issue 16

www.regishighlander.com

Tuesday, February 5, 2008

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Photos by Brett Stakelin

Caucus vs. Primary: Do you know the *difference*?

Emily Sloan
Staff Reporter

The room seemed important--with at least 30 black leather chairs surrounding a polished oval table--a room where one could picture wealthy CEO's earning seven figures.

But instead of businessmen in handsome dark suits, were everyday men and women in t-shirts and jeans; most of them middle-aged and older, with only two college students there; the youngest probably 20 years old.

On Sunday, Jan. 27, Dan Willis, Secretary of the Democratic Party of Denver County, began a meeting shortly after everyone was seated. The meeting consisted of instructions and clarification of Colorado's Democratic Caucus dubbed 'Super Tuesday.' Today, twenty-four states are holding caucuses or primaries.

Many people, especially students not accustomed to or are new to the

political process, have a difficult time understanding why a caucus is so important in a presidential campaign. (By the way, the word 'caucus' literally means meeting.)

There are two types of caucuses, open and closed. In open caucuses, independents, voters with no membership in the democratic or republican party, can participate. Closed caucuses, however, only allow their party members to participate. Colorado holds closed caucuses.

In caucuses, voters gather in homes, churches, schools, etc. across the state to discuss candidates. There will be a poll taken among the participants called a Straw Poll, which is non-binding and simply shows peoples' preference, leading candidates, and which candidates will not make the fifteen percent need to be assigned delegates.

Once the formal poll is taken, the top candidates who qualified are assigned a number of delegates by a mathemat-

ical formula. These delegates will then attend the party convention and assembly, sponsored by the parties, representing voters for the various candidates.

Furthermore, there are "super delegates." These delegates, who like democratic governors of various states, are automatically allowed to attend and vote in the DNC. Only the Democratic party has "super delegates."

Primaries, on the other hand, resemble the scenes depicted on Election Day.

Voters go to polling stations to cast their vote for candidates on a ballot. Just like caucuses, there are open and closed primaries.

Colorado used to hold primaries but switched to caucuses because the state parties paid for the caucuses, as compared to the primaries when the state paid for the process. Switching helped save the state money, particularly dur-

ing economic recessions.

Today, the Democratic and Republican parties will be holding caucuses at 7 p.m, but it is suggested participants arrive at 6:30 p.m. The caucus location is determined by residents' precinct or district, depending on the party.

Out of state students are usually not allowed to participate in any of the Colorado caucuses, especially if an individual is not registered to vote in Colorado.

Willis suggested that if students want to participate "to contact their home state to see how they can participate there. Some states allow absentee participation, so see if their state would let them do that."

To find a Democratic caucus location, check <http://www.denverdems.org>. For Republican caucus locations, check <http://www.denvergop.org>.

Independent Bookstores, like Tattered Cover, do more than just "sell books"

Ed Timmins
Staff Reporter

As one of the few remaining independent bookstores, the Tattered Cover offers its customers a special combination of service and hospitality.

Through three locations in the Denver Metro Area—LoDo, Highlands Ranch, and Colfax—the stores have been serving the Denver community for 14, four and two years, respectively. With its plush sofas, chairs, nooks and crannies, the Tattered Cover strives to help readers feel at home as they browse the shelves and newsstands, seven days a week.

The LoDo store houses an events space with a capacity of 250, while the space in the Highlands Ranch Store is even bigger, with a capacity of over 400. The newest location on Colfax only can host up to 100 people per event, but together, all three stores maintain an inventory of over half a million books.

According to Charles Stillwagon, events coordinator for the stores, it is the atmosphere, coupled with the "mission to provide readers with all the tools necessary to find their favorite book," that makes it different than a Barnes and Noble.

Stillwagon is responsible for planning one of "their most used tools"—the 500-600 events a year which spread across the three stores.

These events consist of a variety of authors, local to national, independent to publisher sponsored, who come to promote their new book. The events are free and open to everyone.

Notables include former president Bill Clinton, promoting his book "My Life," who have graced the doors of the Tattered Cover. But the relatively unfamiliar authors are what make the events unique to the Denver community. (At the end of the article are a list of authors visiting in February.)

The obvious benefit to a general bookstore for hosting book signing events is the traffic. In fact, most even require that a book be purchased.

The Tattered Cover, however, aspires for different benefits. Although Stillwagon admits that they "do like the increased foot traffic...it is the local community that matters most." This is even more important today, as books can now be easily accessed on the Internet and at a cheaper price. Loyalty amongst the customers sustains the Tattered Cover and is the main goal of the events.

The court case *Thornton v. Tattered Cover* (April 8, 2002) shows Tattered Cover's concern about the community, specifically its protection. The case arose from a drug investigation. Makers of methamphetamines were using "recipes" from books purchased from the Tattered Cover. The DEA demanded past records and transac-

tions from the store regarding the suspects, but the store did not comply. This is a main benefit of an independent bookstore, where corporate decisions can be made case to case and with interest in the community, rather than according to corporate guidelines.

Tattered Cover has four authors scheduled to visit during the remainder of February.

1. Blinka LeBreton will be in the Colfax store tomorrow night with her newest book, *The Greatest Gift*.

2. John Byrne Cooke, who has been a writer, photographer, actor and musician for over 40 years, will be promoting his latest work, *Reporting the War: Freedom of the Press from the American Revolution to the War on Terrorism*, the following evening at the LoDo location.

3. Michael B. Oren, an American-Israeli historian IDF military officer, will be in the LoDo store on Wednesday the 13th presenting *Power of Faith: The History of the Middle East*.

4. On the last Wednesday of the month (28th) **Paul Polak**, founder of a non-profit organization developed to fight poverty, International Development Enterprises (IDE), and his book *Out of Poverty: What Works When Traditional Approaches Fail*, will be in the LoDo location.

'Roc' to explain rock'n'roll power of liturgical music

Amber Alarid
Staff Reporter

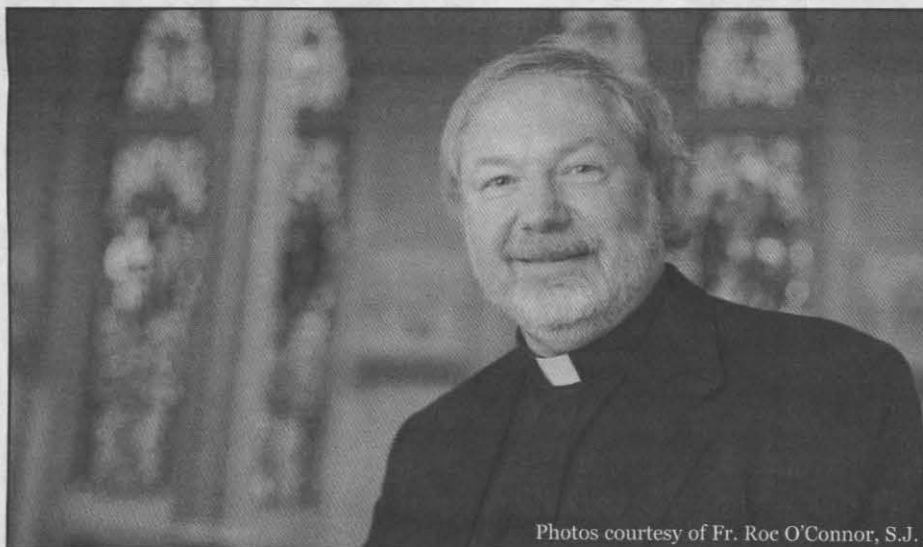
Fr. Roc O'Connor, S.J. credits some of his love for the guitar as being inspired by Pete Townshend, "guitar hero," of The Who and "Tommy" fame. Thursday, Feb. 7 at 7 p.m., Regis University will host Fr. Roc O'Connor, S.J., probably best known for his musical career, which began in the 1960s and includes several Grammy nominations.

Fr. O'Connor was part of a group deemed the "St. Louis Jesuits," which consisted of five Jesuits devoted to modernizing liturgical music after Vatican II. Kathy McGovern, fellow liturgical musician and scripture teacher here in Denver, calls the St. Louis Jesuits "the breath of fresh air that Vatican 2 promised;" she credits them with "providing the soundtrack" to her scripture experience.

The group popularized liturgical compositions that incorporated mainly guitar and singing. Today, Fr. O'Connor teaches at Creighton University with several Masters degrees in theology, and honorary doctorates from both the University of Scranton and Creighton University. After an extended hiatus of over 20 years, the group released another album entitled "Morning Light" in 2006.

The St. Louis Jesuits modeled their music after earlier songs based on Bible verses and passionate music; but, after Vatican II, songwriters like the St. Louis Jesuits used this method as a springboard for creating new music that inspires an entire community to sing and dance.

After reading an article on "The Theology of Dance," O'Connor was inspired by the "thought that music resonates in the body and consciousness of a person that has to somehow get expressed in movement." He wants to have a similar effect on peo-



Photos courtesy of Fr. Roc O'Connor, S.J.

Fr. O'Connor, S.J. has a contagious love of music that has helped define how we celebrate mass today. O'Connor will speak this Thursday, Feb. 7, at 7 p.m. in the Chapel.

ple, "I want my music to move people... Possibly to dance, to tap their toe, to be moved to their feet, and to be moved to their depths."

To those with a love of music and to those who perform Fr. O'Connor's songs, such as Grace Brock, choir director for the Regis Chapel, he gives the advice, "I can recommend all these things - tempo, volume, and texture - but I'd ask musicians to learn to listen within their hearts to know and express what is true in the song."

Brock describes the songs written by the St. Louis Jesuits as "part of the Catholic mass consciousness," in that they are a "standard any musician worth his salt knows it without the music."

In fact, Brock described a scene in which she was unable, due to time constraints, to practice "Be Not Afraid" before the choir performed in church; yet she was confident that the song was so familiar to people that performing it would be seamless. Brock attributes this familiarity to the sense of "community" that songs like "Be Not Afraid" provide churchgoers.

Attending the event this Thursday

will provide students, faculty, and the community with a sense of inspiration and light heartedness. Fr. O'Connor will offer a history of his personal music history and journey, incorporating the story of the St. Louis Jesuits. He will use pictures, and possibly music to "introduce [students] to a bit of the experiences of their parents' generation... Or grandparents!!!" Fr. O'Connor will then turn his focus to a discussion of the future of church music.

In much the same way Kathy McGovern exclaims that "we all revered [the St. Louis Jesuits] and what they gave us" in the 1970s, it is anticipated by some that those who attend Fr. O'Connor's speech will gain a new sense of reverence for liturgical music.

Fr. O'Connor hopes "that youth learn to discover the many seasons or the many dimensions of their lives in relating to God through the music. It all changes from time to time, given the circumstances or the developmental aspects of life. And, God is with us through it all!"

Contact the Highlander

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As the staff of the Regis University weekly publication, the Highlander, we intend to serve the campus and the neighborhood by providing a forum for news, information and exploring ideas. Our publication is designed to cultivate awareness, understanding and dialogue about matters of community importance.

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The presidential candidates on climate change

Michael Delliveneri
Contributing Writer

The last week of January 2008 was certainly noteworthy. Both Giuliani and Edwards dropped from the race, Obama, Bill Clinton, Romney and Paul graced Denver with their presence, and Regis University had a campus conversation on climate change. How will greenhouse gases, the rise in the earth's temperature, and an ongoing debate of our human contribution to the problem, shape the upcoming election? One answer can be found by examining each candidate's perception of the problem and proposed policy solutions.

With all the promises and plans provided by both parties, and every candidate, it is difficult to sift through all the information. Unfortunately, being an informed voter is harder than it looks. However, certain news media outlets provide accurate and detailed comparisons of the candidates.

The *New York Times'* substantial political section, located on their website, provides ease for the reader to compare candidates on issues. Though sorting through political policies is time consuming, one thing is for sure: it's refreshing to see that politicians are realizing the urgency of addressing climate change.

All the presidential candidates recognize climate change as a threat, but how we are to solve the problem varies with each candidate, particularly with regard to the role of government (in terms of investment, standards, and enforcement). Comparisons of their different positions can also be found at other reputable sources like the Sierra Club and League of Conservation Voters.

Republican Candidates

"I believe climate change is real. I think it's devastating," explains McCain in his campaign video. "But I believe that if we could get China and India into it, then the United States should seriously consider — on our terms — joining with every other nation in the world to try to reduce greenhouse gases. It's got to be a global effort." With this statement, McCain alludes to the U.S.'s reasons for not joining the Kyoto accords. Some politicians believe that letting developing countries have more relaxed restrictions is unacceptable.

Some of McCain's ideas to combat the problem found on his campaign website include supporting a mandato-

ry cap-and-trade system to reduce carbon emissions, and harnessing market forces that will bring advanced technologies, such as nuclear energy, to the market faster.

According to the EPA, "cap and trade" is a market-based policy tool for protecting human health and the environment. Sources are granted emissions allowances, with the total amount of allowances limited by the cap. If companies reduce their carbon emissions, they're able to trade away their allowances, thus rewarding reduced emissions. The main difference between the candidates' plans is level of emissions at which the cap is set.

As for McCain's plans for harnessing market forces, no real detailed plan exists on his campaign website.

McCain's Republican challenger, Mitt Romney, agrees that reducing greenhouse gases should be a global responsibility. He also rejects arguments that the United States and other industrialized countries should take on more responsibility (having benefited from a "free ride" for over a century).

"I really don't think it's productive for us to act solely on a unilateral basis to reduce our greenhouse gases if we have developing nations like China and India continue to increase their output of greenhouse gases and not be party to a greenhouse gas effort," said Romney from the Business and Industry Association National Leaders Forum.

Romney's campaign website states that he views U.S. energy independence as a "strategic imperative." He also supports nuclear power and drilling in the Arctic National Wildlife Refuge.

Other Republican candidates such as Mike Huckabee and Ron Paul have slightly different views. Huckabee's campaign website stands out from the group by making impressive claims that he will achieve energy independence by the end of his second term, and move away from a "fossil fuel culture" to alternative energy resources within 10 years.

Huckabee plans to set aside a federal research and development budget (how much is not specified) that will be matched by the private sector to seek the best new products in renewable fuels. Though no budget estimate is stated, Huckabee believes the free market will sort out the best options. How that will happen is a bit unclear.

Ron Paul also recognizes that the federal government has a role to play in combating global warming. On

one hand, he explains that deciding what needs to be done can be difficult. In an interview with Bill Maher, Paul explained that, "If the government were to play a role then you have to deal with the volcanoes and you have to deal with the pollution of China. So, do you want to invade China to make sure they don't pollute? And what are you going to do about the volcanoes? They are all contributing factors to global warming." On the other, hand, he stresses that the complexity "doesn't mean that you shouldn't do what we can to slow up the emissions and stop subsidizing big oil companies." Paul thinks the government should not subsidize any kind of energy, whether that be oil or alternative sources, such as solar and corn.

In the CNN Republican debate, Paul stated that if elected he would strictly enforce private property rights to prohibit polluting. In other words, he would enforce the right to sue those who pollute, damage, or trespass (through dumping) on other's property (whether that be land, water, or surrounding air). Paul believes that the threat of having to pay damages would make pollution unprofitable.

Democratic Candidates

Democrats seem more unified in their plans to combat climate change, requiring that the standards be set higher. Consistent with the recommendations of the League of Conservation Voters, both Obama and Clinton agree that if elected they would establish a cap-and-trade system to reduce carbon emissions 80 percent below 1990 levels by 2050. They would also require industries to pay for allowances to emit greenhouse gases; and allowances would be sold through auctions.

Having the United States lead international efforts to address the problem of climate change is at the heart of the Clinton and Obama message. In an excerpt to the United Nations report on climate change, Clinton states, "I strongly believe this nation needs to take sensible first steps to slow and ultimately reduce emissions of carbon dioxide and other gases that contribute to climate change." It's clear that the majority of Democrats want the U.S. to lead global efforts.

Obama's campaign website explains that he would give automakers health care assistance in exchange for investing 50 percent of the savings into technology to produce more fuel-efficient vehicles. Also, among other ideas, he

would propose and support federal legislation requiring that all transportation fuels in the United States contain five percent less carbon by 2015 and 10 percent less by 2020.

Such a detailed plan to assist automakers is nonexistent with other presidential candidates.

Keeping Score

We can also gain perspective on the candidates by examining the "scorecard" of the League of Conservation Voters, established in 1969. The LCV sets to "advocate for sound environmental policies and to elect pro-environmental candidates who will adopt and implement such policies." Their 2008 voters guide offers a summary of each presidential candidate's environmental policy, as well as a comparison of LCV's position with each candidate's stance. Finally, an LCV lifetime score is awarded.

Obama's detailed environmental policies, especially his legislative responses to environmental contamination, sat well with the LCV, and received a 96 lifetime score. Hillary Clinton's co-sponsorship of the Clean Power Act and her opposition to drilling in the arctic refuge contributed to her lifetime score of 90.

Dennis Kucinich earned a 92 lifetime score. The Sierra Club also stresses Kucinich's support for a "Green New Deal" (federal government investment and support). Kucinich is most in line with the platform of the Green Party, which supports Marshall Plan-like investment in alternative energies.

It's notable that Obama, Clinton, and Kucinich met or surpassed all of the LCV's positions.

McCain, on the other hand received a lifetime score of 26, and failed to meet most of the LCV's proposed plans. Both Romney and Huckabee never received a lifetime score because the two have no state or federal voting history.

Communication major Mike Delliveneri is a student in "Writing for the Media." He has a strong interest in renewable energy options.

Special thanks to the following professors for their feedback and insight:

Dr. Eve Passerini, assistant professor of sociology and "Sustainable Communities," Dr. Catherine Kleier, assistant professor of biology and environmental studies, and Dr. Mary Beth Callie, assistant professor of communication.

Gandhi's Nonviolent Ecology: Conversations about Climate Change

Angelia Shugarts
Staff Reporter

Dr. Byron Plumley's Peace and Justice class participated in the 'Conversations about Climate Change' week focusing on Gandhi's Nonviolent Ecology. This class was one of many classes focusing on climate change held throughout the week.

Plumley and his students "put on [their] environmental caps" and focused its climate conversation around Gandhi's philosophy of nonviolence in relation to the environment. By developing an "interspecies engagement" from a comprehensive ecologi-

cal perspective, Plumley emphasized the idea of "creating a harmony" with the world around us.

Through Gandhi's terminology of "ahimsa" meaning do no harm, methods to preserve the earth included student suggestions like planting trees, preserving the rain forest, and growing one's own food. These simple ways of living and preservation of the environment were also strategies of Gandhi's in regards to "swaraj" meaning self-discipline or self-rule.

For Gandhi, his display of swaraj included making his own clothes to go against British rule of manufactured goods. This display of independence

and individual control is connected to the methods of environmental preservation.

Plumley recalled the activity of creating an "environmental footprint" and students responded to this activity recalling experiences in high school where this activity involved the conservation of resources in one day to see how one person's change of daily activity can help save the earth.

Plumley referenced Sally McFague, professor of Theology at Vanderbilt University, who wrote an article several years ago about how "the planet is the body of God" and asked her students to reflect on how Gandhi would

take this idea and put it into action.

Plumley also questioned "would we treat the world differently if we saw it this way?" Gandhi's Nonviolent Ecology emphasized the ideas of doing no harm to the earth and living a life of simplicity not only is environmentally friendly but an act of noncooperation in regards to mass production and destruction of our earth.

Next week, the Highlander will further the discussion of climate change, examining media coverage and the role of government in supporting renewable energy and sustainability.

SEPARATING THE FROGS FROM THE PRINCES:

Voting and my outlook on the bigger picture

Jacqueline Kharouf
Opinions Editor

In South Dakota they often say that if a frog ran as the Republican candidate, we'd elect it for president. But after voting in our current president and subsequently discovering that I had been sucked into that paradigm, I decided to switch parties and, this year, switch my ideas on how to be an informed voter. I think I was pretty naïve in the last election, a little uninformed (or perhaps a little swayed by my parents) of the candidates and all the issues. But this time around, I am determined to get informed and really consider each candidate for his or her worth.

But alas, I have a confession to make—this whole politics thing is just inescapably boring. Kudos to you if you get excited about elections and caucuses and primaries. Really, I'm very glad there are well-qualified citizens among these Regis ranks, but for me, sadly, I am horribly uninterested.

However, this doesn't mean I don't care. I am very concerned about our national security and the war in Iraq and I want things to change. I want to look up to a leader who can accurately pronounce "big" words and really make me believe that he (or she) can do something to better our world. We need to be interested in what our leaders can do and we need to support them with our own consciences and ideas. This country was built on astoundingly different ideals, but it falls short if we sit back and ignore reality.

So, in my endeavor to educate myself on the candidates and the issues, I Googled "presidential candidates" and read up on the 2008 Presidential Field via washingtonpost.com (it breaks down each candidate, including their statements on each of the issues....it's a little long-winded, but definitely informative). Here, I discovered what I had adamantly doubted from nearly the beginning of this electoral extravaganza: I want to vote for Hillary Rodham Clinton.

Sure, she's a little scary and maybe a little frigid (that whole "emotional" moment was so bogus), but of the major candidates (I'm including Barack Obama, Mitt Romney, John McCain, and Clinton), she has the most concrete plans to enact real change. Barack Obama is famous for his call for



change in America, his inclusion of "the young people," and his reordering of business in Washington. And while this does sound great and, honestly, refreshing, it's not entirely possible if it's not backed by realistic plans and figures. Clinton has this backing. She is listening to the issues and she is committed to finding solutions that work, not only by including help on a bi-partisan level, but help from diplomatic relations and other world leaders. She is offering change that will last and work.

And although each of these candidates offer similar solutions (comparably they are fairly alike on the issues), Clinton's plans for Iraq, healthcare, the economy, education, or energy alternatives, are supported by viable figures and point-for-point initiation strategies, unlike her opponents, who seem more eager to explain what they will do—what needs to be changed—than explain exactly how they will do it.

But, as with any election or with any candidate, I'm not completely committed to Clinton. I think it is always especially difficult to vote with your conscience when several of the issues seem to be consistently "touchy." For example, with regards to stem-cell research, I am opposed to using the stem cells from embryos because, as a Catholic, I really do believe in the sanctity of human life and the right of each individual to have that chance at life. Yet, I also support progressive medicine and I believe there is a great need to find cures for diseases like Alzheimer's and Parkinson's. I am torn as well on gay marriage and the rights of partners in civil unions. Marriage should be between a man and a woman, but gay and lesbian couples should be entitled to the same rights as married people. And then on Roe v. Wade, the supreme court ruling should be overturned but what of the women who will be unprotected as a result? Even without Roe v. Wade, abortion will still continue in this country; shouldn't we at least provide adequate medical facilities to protect women?

Perhaps, as a newly aware and informed voter, I just have to look at the bigger picture. If we can elect a leader who listens, could there be a way to realize these other points of view? I think it is possible, but we have to make the decision to listen too. Even if it is boring, this election most definitely matters and every issue, no matter how touchy or disastrous, should be considered within that larger context of real enactable change.

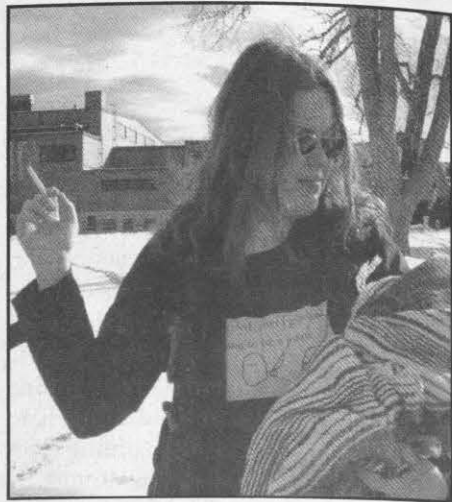
My 2008 presidential pick

Jen Janes

Next President of the United States

So it's Super Tuesday, and we've got four mainstream candidates left who have even a remote chance of winning. This is depressing, as usual, because once again we have no real options. So, since I have nothing better to do, I'm going to tell you why all four of these candidates are worthless beasts.

A lot of people don't like Mitt Romney because he's a Mormon. Whatever. I would not like a Mormon for president just because it would be too confusing to have a First, Second, and Third Lady. And then there are his smear campaigns. Anyone who would hide behind his vast personal fortune and strike low blows at his enemies from a safe distance does not have the



Here, Jen Janes, makes her political presence known to the child of a potential voter. The child did not sustain any respiratory injuries.

*Photo and caption approved by Jen Janes.

Now, I don't like grandiose people (unless we're talking about me), and I think the world would be better off without them.

spine to stand up to America's imaginary enemies we spend billions of dollars chasing through the desert.

And then we've got McCain filling in the rest of the GOP ticket (as far as I'm concerned, if candidates can't pay their staff, they're not worth my time—sorry Huckabee...not). McCain is a tricky little man. He appears to possess the Presidential kahones that Romney lacks, but does he really? I can't help but recall the Republican primaries just eight years ago, when he ran against Bush. The two of them were on each other like cheap toilet paper...until Bush won, and then McCain respectfully declined to dispute him four years later. Uumm...good one, John.

And now onto the Democrats' side. Let's start with Obama. It is terribly interesting that this guy has used his "youth," inexperience, Illinois residence, and non-whiteness to compare himself to Martin Luther King, John F. Kennedy, and Abe Lincoln. Now, I don't like grandiose people (unless we're talking about me), and I think the world would be better off without them. Comparing oneself to three (3) major political figures in American history makes the other candidates look humble. And that is saying a lot. But ultimately, I am just not seeing any on-paper plans from him, preferably with bullet points and clipart.

This brings me to Hillary. I'm not sure why we're on a first-name basis with her and not with the others, but I'll go with it for the sake of clarity. Oh, Hillary. Only you can start a big fight with Obama that no one notices except the press. And despite your ability to demolish the other Dems in debate, you still hem and haw when someone

points out that you originally supported the "war" in Iraq. And alas, it is not only you who aims to end poverty with a one-time tax cut that won't help with groceries in June, and it is not only you who refers to everybody as the middle class, even though you know full well that they are really only a small minority, and that everyone else is rich or poor (and mostly poor). So thanks, Ms. Clinton, for going for the people who can contribute more to your campaign, just like the rest of them.

So then, who am I going to vote for? I will vote for a woman. That's right; I am taking this opportunity to announce my candidacy for president. Unlike Romney, I will run my smear campaigns to the other candidates' faces. I will egg their limos, TP their mansions, and set fire to stuff in their dumpsters, and I will do all this in broad daylight...naked. Unlike McCain, if I hate somebody, I'm going to hate him until the day I die. Unlike Obama, I will give my grandiose pomposity some flair by unabashedly and unashamedly comparing myself to no fewer than sixteen (16) major figures from world history. Unlike Hillary, if I want to pick a fight with Obama, I'll just punch him in the face. Check that out, America. And you know what? I won't do stuff for the oil companies. I take the bus, yo. Iraq, Schmiraq. We can just send the cops over there to harass someone else for a change. It could be a whole new edition of the show Cops, which will also help us get through the writers' strike. You should totally vote for me. I'm Jen Janes, and I approved this message. Me llamo Jen Janes, y apruebo este mensaje.

*Paid for by Jen Janes with a handful of greasy cash.

To vote, or not to vote? That indeed is the question.

Jessica Knapp
Staff Writer

In my short life thus far, I have always held firm to a few beliefs. The first is that there is never any excuse to wear black shoes with a brown belt. The second is that my cat is the coolest cat on the planet. And the third is that all politicians on the planet are scum.

If you are purest and like to think that politicians are humans too, than I urge you to ignore what I am about to say. But if you are a cynic like myself, then bask in the glory of what I am

about to say. In my mind, politicians are pond scum because of what they do. It is with their scary minds that our nation has been developed. When you hear about a politician, it is rarely because he/she has done something good. Look at the examples we have had for the past two decades. We had Mr. Bush senior, who pledged not to raise taxes, but did so anyway. Next we had Mr. Clinton, who made one blue dress and one White House intern infamous. And then there is Mr. What-Do-WMD's-Have-To-Do-With-It Bush. All in all, those who have held office in the past do not provide a

shining example of what a politician is suppose to be.

But it is not just those in the Oval office who tarnish the reputation of politicians. There was Gary Condit, a democrat who was linked to the disappearance of Chandra Levy, an intern at the Federal Bureau of Prisons in Washington DC in 2001 and later revealed that he was involved with the young intern. There was Kenneth Lay, a republican and top contributor to the Campaign of George Bush in 2000, who was investigated in 2002 after the collapse of Enron.

With all the dirty dealing in politics,

it is no wonder that most young American feel very discouraged when it comes to the voting process. I will be willing to admit that after the 2004 election, one that I felt extremely passionate about, I was very underwhelmed with the prospect of another election.

It was with this thought in mind that I decided to call my uncle, a former politician who now lives in Arizona. My uncle and my aunt are two of the most passionate people about politics that I know.

See Vote on next page

Vote from previous page

They know everything that is going on within their own, smaller political circles, as well as what is going on in the larger political circles. I decided to call my aunt and uncle to see if they would give me some inspiration for this upcoming caucus and election.

My aunt and uncle told me a lot of information (some wanted and some unwanted) about the political system and why it is so important to vote. My aunt said that for some adults, the right to vote is treated as common place as a trip to McDonalds. "People just take advantage of it," she said.

My uncle's view is slightly different. When he was younger, he fought in the Vietnam war. As a veteran, he tells the story of the first day he landed in country on October 1, Vietnam's election day. He explains that there was a line of people outside at least a block long, and while all these people stood in line, rockets soared over their heads. "They believed in voting so

much, they risked their lives to do it," he explains. For my uncle, it is important to vote because so many people in the world don't have the same rights that we do. He wants to see that everyone honors what so many have fought and died for.

For me, voting has become about making a change. I always wanted to grow up and become someone who impacted the world, and in voting, I feel as if I am making a small contribution in that change. So whether you are voting for Obama, Hillary, McCain, or Huckabee, understand that just by making a choice, you too can change the world and uphold our countries values all at the same time.

If you still are not feeling inspired, look at this list from holisticpolitics.com for lamest reasons not to vote (if you use any of these reasons, you acknowledge that you will be shamed) and best reasons to vote. And by all means, please vote so we can get the monkeys out of Washington.

mirrors and metaphors...

Reflections on Suicide, Mental Health, and Healing Through the Arts

Jennelle Wilson
Active Minds President

"Art facilitates dialogue and engages the heart – when the subject of art is mental health promotion and suicide prevention art gives people a way to open up," says Active Minds Vice President Tanya Perekrestenko.

For the month of February, Regis' Dayton Memorial Library is hosting an art show called "Mirrors and Metaphors." Colorado ranks 6th in the nation for suicides and most major mental health illnesses occur between the ages of 18 and 24.

For Regis student Bri Svododa, those 18 to 24 years olds are "the students that we go to school with, the friends that we have, the people that we walk past and don't even notice. Suicide and mental health are two topics that need to be talked about," said Svododa.

"When I woke up every day wishing that I hadn't woken up, I knew that I would reach my breaking point soon. Even though I felt so awful some mornings, I felt that I couldn't talk to anyone about how I felt because I didn't want to burden them. I did not want to broach the subjects of depression and suicide because they are largely classified as socially taboo," writes one of the contributing artists.

Regis' suicide prevention coalition wants the community to know that suicide is preventable, treatment works, and there are many resources that are available to help. Suicide affects everyone and we have a shared responsibility to prevent it.

"We hope Regis joins us in making a difference by promoting mental health awareness, suicide prevention, and saving lives," says Drew Anneberg of the Regis Active Minds Staff.

The first annual Mirrors and Metaphors art show features work that illustrates the impact the arts have on suicide, mental health, and healing. "As stated in the exhibit mission, through the medium of art, we hope to better understand emotional struggle, promote recovery, and ultimately prevent suicide."

Artistic creation reflects emotion and art is frequently a reflection of emotion and can be an outlet for mental health struggles. The art exhibit hosted by the library will hopefully increase aware-



ness and promote mental health advocacy. All of the work can be viewed the entire month of February.

The artists that are participating in the exhibit all have different stories and are people of a variety of identities; they have come to reveal what they have done and what has helped them. Regis students and staff, professional artists, and community members have all contributed.

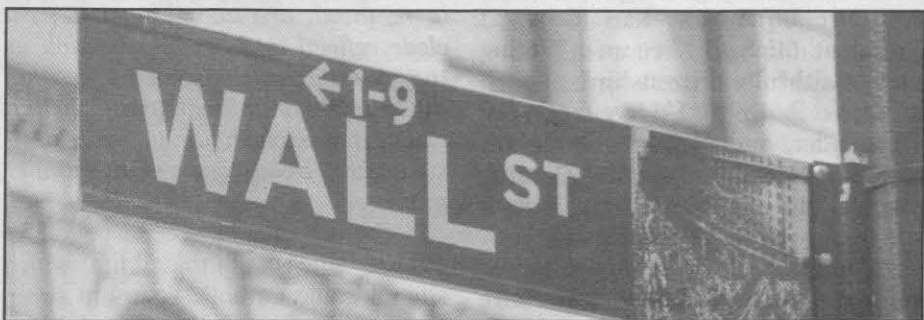
Narratives will accompany the art. One story by Sherry Edelen's is incredibly moving:

"I don't believe that one can understand depression until you have experienced it," explained Edelen. So many people think depression is something that people can just snap out of, but it's not. "Depression is deeper than any other sensation and there are no words that can describe it."

Edelen talks about who she sees in the mirror and what she wants to be. The woman in the photograph (above) is looking into the mirror, but is caught in the net of depression. Edelen explains that she wants to be "an unshakable mother for my children who can gently guide them and meet their needs with patience and grace."

Edelen knows her life is good and does not know why she is unable to shake the torment that she is living in. Edelen wants to be the mom that her children deserve; the one that can lead them in the right path, the mom that they love. "Depression is like a chain around my soul," she says.

A reception for the Mirrors and Metaphors Art Exhibit will be held Feb. 16, 2008 starting at 4:30 pm in the Dayton Memorial Library. The event is free and open to the public with light refreshments and a presentation by artist Emily von Swearigan.



FINANCE 101: Credit Cards



Aaron B. Mejia
RUSGA Director of Finance

What does it take to live? Visa and American Express would have us believe the answer is their credit card. While Robert Deniro claims that "My life happens here, my card is American Express," Visa puts it bluntly: "Life takes Visa." Credit card companies promise a lifestyle; these commercials are targeted at upper-middle class Americans, but who *really* carries them? How and why are the cards being used? How should we as college students use them?

Everybody knows that Americans have been living better than they can afford, given incomes. For working poor and even middle class Americans, income has not kept up with the costs of basic necessities, such as gas, food and health care. So, often families need to turn to credit to just make ends meet. Others turn to credit cards to live and maintain a certain consumer lifestyle.

According to PBS the average consumer holds an average of eight credit cards. Though, credit cards have been a great convenience to many, they have also resulted in great cost: an aggregate of \$930 billion dollars of debt, as calculated by the Federal Reserve. The average American family is "knee-deep" in \$8000 worth of debt.

As explained by PBS, many families sign up for credit cards just for emergencies; but soon they begin to use the cards to "fill the gap" referring to the amount you make and the money you need to spend to 'survive'. But what happens if you become sick or lose a job? You get the point. The cards begin to add up.

Why should this be important to us?

For iPods, smartphones, snowboards, or clothes we pay a premium to

be trendy; yet this irrational purchasing can lead to unhealthy habits even if you have a work study or job to pay off the bill. Our spending habits begin and solidify during college and the few years after graduation.

Furthermore, most of us will be graduating with \$20,000 of school loans to pay off. Eventually our spending habits will have to accommodate these debts and thus change if we like it, or not.

The incentives to get a card: 0% in the first six months, a lower minimum balance, gift cards, MTV events, and airline frequent flier points, 20% Cashback Bonus[®], Capital One's 25% annual bonus. In reality, a lower minimum balance can retroactively make you pay double for that new blouse; all companies have 0% in the first six months, just to 'jack' up the rates when completed.

Already we are charged a high APR (annual percentage rate) of approximately 17%. YET, the APR of 17.99% is not the total amount you might pay, instead you *effectively* get charged the 19.55% (the effective annual rate, or EAR, is the compounded APR). Even though you bought a shirt that was on sale, by the time it is paid off, it could have been the original price.

Credit card companies have unlimited sovereignty on interest rates regardless of state, due to the "Marquette" Supreme Court decision; rates can rise if you do not make a payment. In short, you could literally 'lose your shirt' if you have several credit cards.

Credit cards can be convenient and help us to pay for necessities or a chosen lifestyle. But what are the costs? More stress, higher risk and a financially unhealthy life style are some. The question of "How we ought to live?" needs to include asking how we use, might abuse, and could be harmed by credit.

Have an opinion to share?

We'd love to hear it!

Please send your submission of
500-600 words to
highlanderopinions@gmail.com for
consideration in the next issue of the *Highlander*.*

*Anonymous submissions will be rejected. Please include your name, phone number, and email address.

CATHOLICISM IN THE NEWS

Dr. John F. Kane
Professor of Religious Studies

As we approach "Super-Tuesday" (Feb. 5) and Colorado's Democratic and Republican caucuses, it seems appropriate to return to the topic of religious faith and voting.

Many remember the media storm in 2004 when two Bishops from Colorado made national headlines by telling Catholics it was wrong to vote for a "pro-choice" candidate – one going so far as to threaten refusing communion to any "pro-choice" candidate. Yet probably few remember the more complex advice given by the entire body of US Bishops in their teaching on "Faithful Citizenship."

At their meeting this past November, in preparation for the present election cycle, the US Bishops issued an expanded and more nuanced version of their call to Catholics about "Faithful Citizenship." As its title suggests – Forming Consciences for Faithful Citizenship – this document puts greater emphasis on the voter's individual conscience even as it insists that Catholics need to form their consciences in light of Church teaching on a range of issues. In their words: "We bishops seek to help Catholics form their consciences in accordance with truth.... We do not tell Catholics how to vote. The responsibility to make political choices rests with each person and his or her properly formed conscience." For a good, short version of the text (prepared as a "church bulletin" insert) go to "The Challenge of Forming Consciences for Faithful Citizenship."

Many, of course, are wary or even positively cynical about Catholic Bishops seeming to try to influence

- "As Catholics we should be guided more by our moral convictions than by our attachment to a political party or interest group." *Easy enough to say; hard to separate in practice.*

voting. Andrew Greeley, a Catholic priest (also a sociologist, a popular novelist, and a notorious "Bishopbasher"), is reported to have said, "No one who has studied Catholic attitudes and voting patterns" could possibly believe that "an election could be affected in the slightest by a statement from the Catholic Bishops." Ex-priest and Chicago media commentator Eugene Kennedy issued a similar dismissal in the Chicago Tribune: "Catholic bishops vs. grown-ups."

Yet most commentators welcomed this more developed version of the Bishops position. See, for instance, the November 5 ('07) editorial "Bishops on Citizenship" from the US Jesuits' national weekly America, (available at Expanded Academic ASAP through the Regis Library) and commentary by the National Catholic Reporter's Rome correspondent, John Allen: "U.S. Bishops project 'air of unity.'"

No doubt polemics about religious influence in politics will heighten in coming months, perhaps especially in Colorado because of the Democratic Convention. An early November ('07) Denver Post article Religious Studies Dept. Edited by John Kane Catholicism in the News Page 2 reported on plans by Colorado's three Catholic dioceses under the catchy title "Colo. Churches Fight 'Evil' in Voting Booth." Relatedly, check out the efforts of "Democrats-for-Life" both nationally and in Colorado to bring diversity to the Democratic platform policy on

abortion and choice: see www.democratsforlife.org.

Regis voices have also been part of this discussion. See: 1) an earlier issue of Catholicism in the News ("Faith, Politics, the Coming Election...", Vo. 2. # 4, Oct. 06) by Dr. Kari Kloos; 2) President Michael Sheeran's "Voting and Faithful Citizenship" which appeared both in Update and The Highlander; and 3) this writer's "On Church Authority and the Coming Election" in the Oct/Nov 04 issue of Leaven.

Perhaps best, though, is simply to read what the Bishops themselves have to say. I highly recommend it, and not just to Catholics, especially in the short version: "The Challenge of Forming Consciences for Faithful Citizenship."

Here are some selected citations with brief editorial (italicized) comments:

- "Our nation's tradition of pluralism is enhanced, not threatened, when religious groups and people of faith bring their convictions into public life." *Amen to this form of diversity!*

- "As Catholics we should be guided more by our moral convictions than by our attachment to a political party or interest group." *Easy enough to say; hard to separate in practice.*

- "There are some things we must never do, as individuals or as a society.... intrinsically evil acts must always be rejected and never supported. A preeminent example is the intentional taking of human life through abor-

tion.... Similarly...euthanasia...genocide, torture, racism, and the targeting of noncombatants.... As Catholics we are not single-issue voters. A candidate's position on a single issue is not sufficient to guarantee a voter's support. Yet a candidate's position on a single issue that involves an intrinsic evil, such as support for legal abortion or the promotion of racism, may legitimately lead a voter to disqualify a candidate from receiving support." *New here, or perhaps just far more carefully nuanced, are two things: first, a clear refusal to focus on abortion as the only "intrinsically evil act; second, the crucial conditional "may" in that last sentence which finally leaves decision with the conscience of the individual voter.*

The document's second page lays out the "consistent ethic of life" which should guide Catholic voters in seven themes – not equating them all as "morally equivalent," yet neither allowing anyone to "reduce Catholic teaching to one or two issues." The seven themes or issues are: 1) The Right to Life and the Dignity of the Human Person; 2) Family, Community, and Participation; 3) Rights and Responsibilities; 4) Option for the Poor and Vulnerable; 5) Dignity of Work and the Rights of Workers; 6) Solidarity; 7) Caring for God's Creation.

It's a good, thoughtful read. I again highly recommend it to all.

This piece was published by the Regis University Religious Studies Dept. on January 31, 2008. To gain access to the links mentioned in this article, please visit www.regishighlander.com.

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Happy are those who eat ice cream

Fr. Dan Daly, S.J.
Homily - Sunday, Feb. 3, 2008

Jesus gives his inaugural address in the Gospel today. It's the beginning of the Sermon on the Mount, a talk that summarizes much of what he wanted to tell us. He starts the talk with a list of things that will make us happy, because he wants us to be happy. It is a rather peculiar list and we don't always remember to follow his advice. Imagine if that list were a little easier to remember and a little easier to follow.

Imagine if Jesus had said: "Happy are those who go bowling, for the kingdom of heaven is theirs. Happy are those who get a good night's rest, for they will be called children of God. Happy are those who eat ice cream, for they will be satisfied."

That's an easier list to remember. I wonder if we would have done any better following those suggestions. Somehow I suspect not. We probably would have been a bit skeptical that those things could really make us happy. We might have believed that they were good and noble things to do, and would help us get into heaven, but that they were really rather unpleasant.

"That woman was a real saint," we would have said, "She ate ice cream every single day. And she always had a smile on her face; she was happy to do it."

We probably would have come up with a different formula for happiness for ourselves. Not ice cream like Jesus suggested, but maybe vegetables. We would have eaten vegetables every chance we got. It would be almost like an addiction: when we weren't eating vegetables, we would be thinking about vegetables, trying to figure out ways to get more, convinced that vegetables would make us happy. Ice cream would have just gotten in the way. Maybe we would eat a dish or two during Lent, but we probably wouldn't trust Jesus enough to eat it every day.

We might have viewed those who went bowling all the time as a bunch of goody two shoes. They wouldn't have the strength or the stamina to play racquetball, which is really where all the action is. Bowling would be a game for losers who couldn't make it in the racquetball club. Bowling is suited for a church group on Sunday afternoon. Racquetball is for movers and shakers who want as much out of life as they can get.

And a good night's rest? We probably would have been skeptical about that one, too. We wouldn't be opposed to a good night's rest but would figure that that was something you did after you retired. No sense sleeping away your life when there were plenty of fun things to do. Oh sure, if the school was looking for volunteers, we'd kick in a good night's rest now and again. We'd do it for the kids, set a good example, tell them how important it was. But, pretty soon, we'd be back to late nights and four hours of sleep.

If Jesus had told us that ice cream and bowling and a good's night sleep would make us happy, we might have ignored his advice. That would have been a shame. We would have gotten to the pearly gates with no taste for Rocky Road and no ability to pick up a spare, and we would have felt out of

place. It might have taken us awhile before we were ready to go into heaven. Plus, we would have missed a great opportunity to really enjoy life here on earth. We would have spent our lives chasing vegetables and racquetball only to discover that those things left us so unsatisfied. It would have been a shame.

Well, that wasn't the message Jesus gave us. He had a different list of things to make us happy.

He said, "Happy are the poor in spirit." That one is hard to believe because we are so independent and so self reliant. We figure that the only way we can be happy is to know what we want and go after it ourselves. We'll tell God all about it later. But Jesus says that happiness comes from being poor in spirit. Happy is the man who is in over his head and realizes that he needs God's help. He is happy because God is a part of his life. God is there first thing in the morning; God is there at the end of a particularly frustrating day. How blessed is that man because failures don't destroy him and don't deter him, because he has higher hopes than what he could ever accomplish on his own.

"Happy are the sorrowing." That one doesn't seem to make sense; how can you be happy and sorrowful at the same time? Maybe we figure it's best to avoid sorrow all together. If thinking about the poor people in Kenya makes us sad, we just stop thinking about them. We avoid letting too many people into our lives. And if tragedy hits someone we love, we shut down our hearts for awhile so we don't feel the sorrow.

But Jesus said happy are the sorrowing. Happy is the woman who has a heart so big it can hold lots of people, a heart so sensitive it's bound to be broken now and again. She is happy because she has known God's gift of love and shared it with the wonderful people in her life. She is happy because she is connected to so many people: they've enriched her life and she's enriched theirs.

Jesus said, "Happy are the meek." We think, "Come on, Jesus. The meek?" We don't apply for a job and say that we're meek, that we're patient with people who take advantage of us. We think, "Meek people won't earn the respect of their colleagues, they won't gain any power in the firm, they won't earn a six-figure salary." But Jesus says, "Happy are the meek." He tells us that honor and power and riches are not all they're cracked up to be; they won't make us happy. And we'll be decidedly unhappy if we spent our lives chasing after those things. Jesus says, "Happy are those who focus on serving others rather than advancing their own careers. Happy are those who forgive rather than retaliate. Happy are those who respond to evil with good."

Jesus wants us to be happy: happy in heaven in the life to come and happy in this life, too. God is so good to us and has given us so many things to enjoy: ice cream and bowling and a good night's sleep among them. And there is a way of living life and enjoying those gifts that will make us truly happy. Jesus told us all about that way of life in his first major public address. He gave us the beatitudes. It takes us a lifetime to figure out what they really mean and it is worth reflecting on them often.

THE SQUISHY AVOCADO

Happy Mardi Gras! Here at the Avocado, we've been having quite the celebration-discussing mysterious bead acquisitions and plotting our revenge on another up-coming and so-called "holiday." It seems we just get fat on the stuff that jumps the irk-meter through the roof.

~ Blando



Blando Avocat: the rotund, but humble editor of The Squishy Avocado.

Guest Advice Column

This week, our advice column features a very special (and very fictional) expert. The Squishy Avocado is proud to introduce Benjy Compson and his romantically fragrant advice.

Dear Benjy,

I don't know what to get my girlfriend for Valentine's Day. She really enjoys perfume and flowers (and diamonds too), but I want to get her something that's...uh, hand-made, something personal, just from me. Benjy, you seem to have a pretty good sense of what women like, can you help a guy who's using economics as an excuse to be genuine?

Thanks,
Cheap, But Honest

Dear Cheap, But...was that a flag?

Caddy, Caddy...my sister, we held hands and ran together, fast and far. We ran to the trees. Caddy climbed trees. Caddy smelled like trees. Once, Caddy had perfume. She didn't smell like trees...she opened it for me, the little bottle with the stopper, and told me it was sweet and good. It was not sweet; it was not good. Caddy should always smell like trees. She knew I didn't like it so she gave it away. She made me give it away.

You should not give her perfume. I like jimson weeds, such a pretty flower.

Give her flowers, hold her tight, speak to her. I tried to talk to girls by my fence back home. They were scared of me. They ran away. I chased them, but I fell. I cried. Tell her what you can't and don't cry. Hold her tight.

I don't talk to girls much. Caddy talked to me. She loved me.

If you love someone, you talk to them. You don't need to cover them up with the wrong smells.

Benjy

Student suspicious of how roommate got so many beads

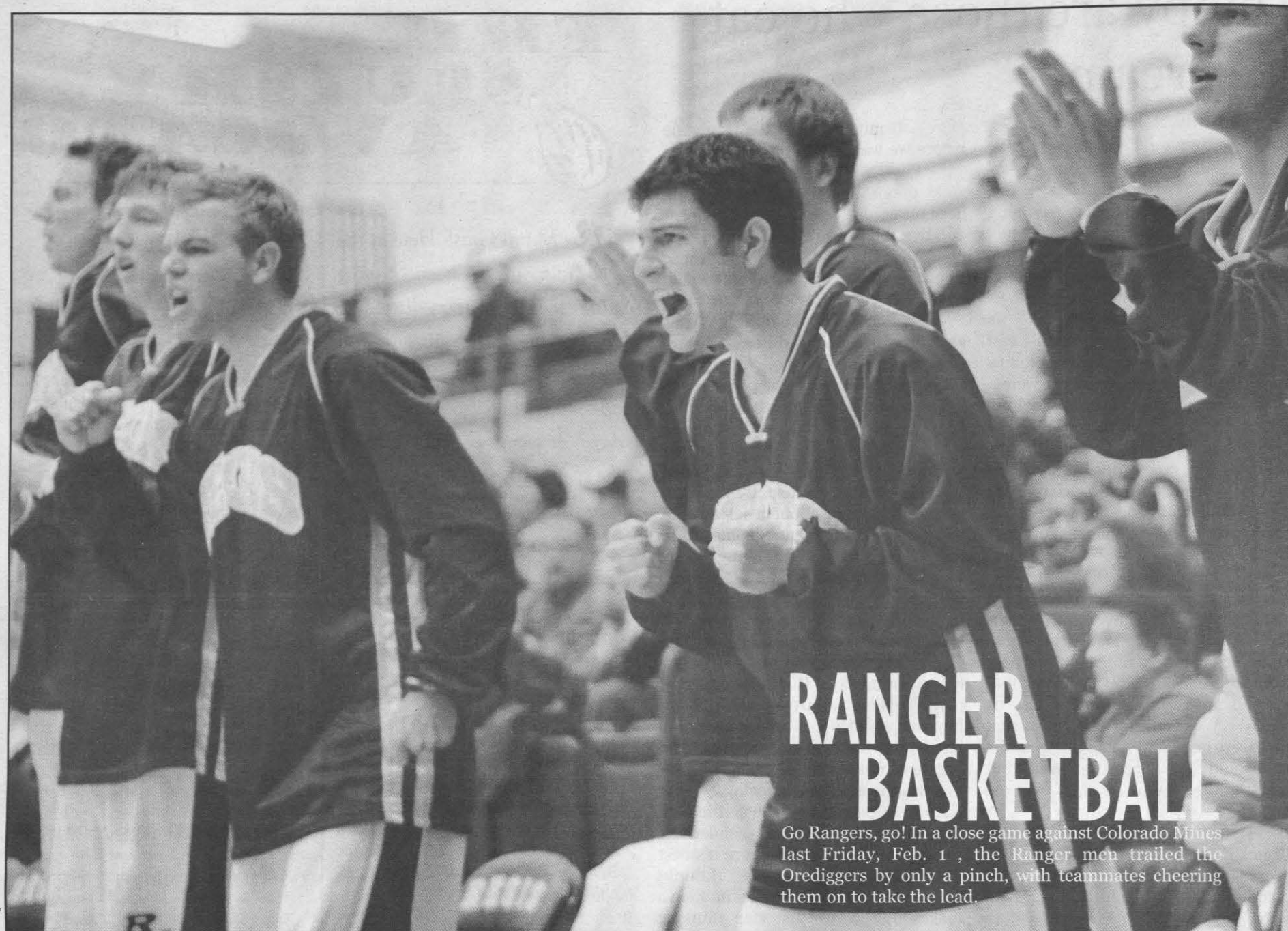
Gloria Socket
Avocado Writer

Trudy Trumble, freshman, returned home one evening to find several multi-colored beaded necklaces on her roommate's desk. When Trumble queried her roommate, freshman Judy Hargin, about where she obtained the beads, Hargin gave her a vague and cryptic answer about her family giving them to her. "That's kind of creepy," said Trumble, "either she's lying, or her family is really sick."

Hargin protested the implications of incest, saying, "Like, it's none of my business how I got these beads. I told Trudy that I got them from my family just so she'd stop thinking about my boobs. She is such a freak."

Trumble is reportedly "very disturbed" at this new development, and told reporters that she had no idea her roommate "was so skanky." Trumble has even gone to desperate measures to uncover the truth about where Hargin obtained the sizeable pile of beads, including following her to her weekly Saturday trips to her parents' house in Arvada and peeking through their dorm window from the bushes when her boyfriend comes over. "Shhh!" said a determined Trumble, watching Hargin from the bushes, "I just know that hussy is going to show her boobs."

Avocado investigation has revealed that, shortly before the mysterious beads appeared on Hargin's desk, she attended a Mardi Gras-themed baby shower for her older sister. When reporters attempted to convey this new information to Trumble, she was busy opening her roommate's mail.



RANGER BASKETBALL

Go Rangers, go! In a close game against Colorado Mines last Friday, Feb. 1, the Ranger men trailed the Orediggers by only a pinch, with teammates cheering them on to take the lead.

Photo by Brett Stakelin

Regis men fall to Mines' Orediggers 69-65

The following recap was republished from Regis' Official Athletic website, www.regisrangers.com.

The Regis men shot a chilly 38.5 percent today in losing to Colorado Mines 69-65. In contrast, Colorado Mines shoots a paltry 56 percent in the RMAC showdown.

Both teams shot early as the game saw many lead changes and seven ties in the first eight minutes. Back-to-back layups by junior guard Garbriel Green and senior forward Geremey Gibson propelled the Rangers to a four-point lead with 10 minutes left in the first half.

The scoring pace starting to slow down and the final tie of the first half came on a jumper by Mines' guard Kyle Pape with 7:22 left. Regis shot ahead by one when junior guard Aaron Sutton hit one free throw. However, the Orediggers responded and outscored the Rangers 13-8 to finish off the half and went into the locker room with a 36-32 lead.

The Orediggers shot nearly 62 percent from the field. Regis turned the ball over 10 times in the opening stanza and shot 43.5 percent.

The second half was a physical one under the boards as the two teams were whistled for 34 fouls and shot 40 combined free throws. Colorado Mines led the entire second half and whenever the Rangers would cut it to one possession the Orediggers would respond.

The Rangers cut the deficit to just one point on four different occasions but couldn't come up with the lead. The final one-point differential came on a James Bulluck layup with just 40 seconds left in the game. The Orediggers' Kyle Pape hit a two-pointer to stretch the lead back to three.

The Rangers had two attempts on their next possession and came up empty. Colorado Mines hit 1-of-2 from the charity stripe to take the lead up to four with just seven seconds left. The Rangers had one last attempt at a three that fell short.

RU were led in scoring by Gibson's 18 points and eight rebounds. James Bulluck was next with 15 and junior guard Andy Pokorny chipped in with 13. The Rangers did a good job on the rebounds again with a 36-20 advantage, including 16 offensive. However, the Rangers were forced into 19 turnovers.

Regis falls to 13-8 overall and 8-5 in the RMAC. Next weekend is the last homestand of the regular season for Regis. On Friday, they host Metro State and on Saturday Colorado Christian comes calling. Both games are set for a 5 pm tipoff at the Regis Fieldhouse.

UPCOMING GAMES (Bold denotes home game.)

02/08/08 Friday Metro State 5 PM

02/09/08 Saturday Colorado Christian 5 PM

02/12/08 Tuesday UC-Colorado Springs Colorado Springs, Colo. 8 PM

02/16/08 Saturday Colorado Mines Golden, Colo. 8 PM

02/21/08 Thursday Nebraska-Kearney Kearney, Neb. 8 PM

02/23/08 Saturday Chadron State Chadron, Neb. 8 PM

For a complete schedule, please visit <http://www.regisrangers.com>

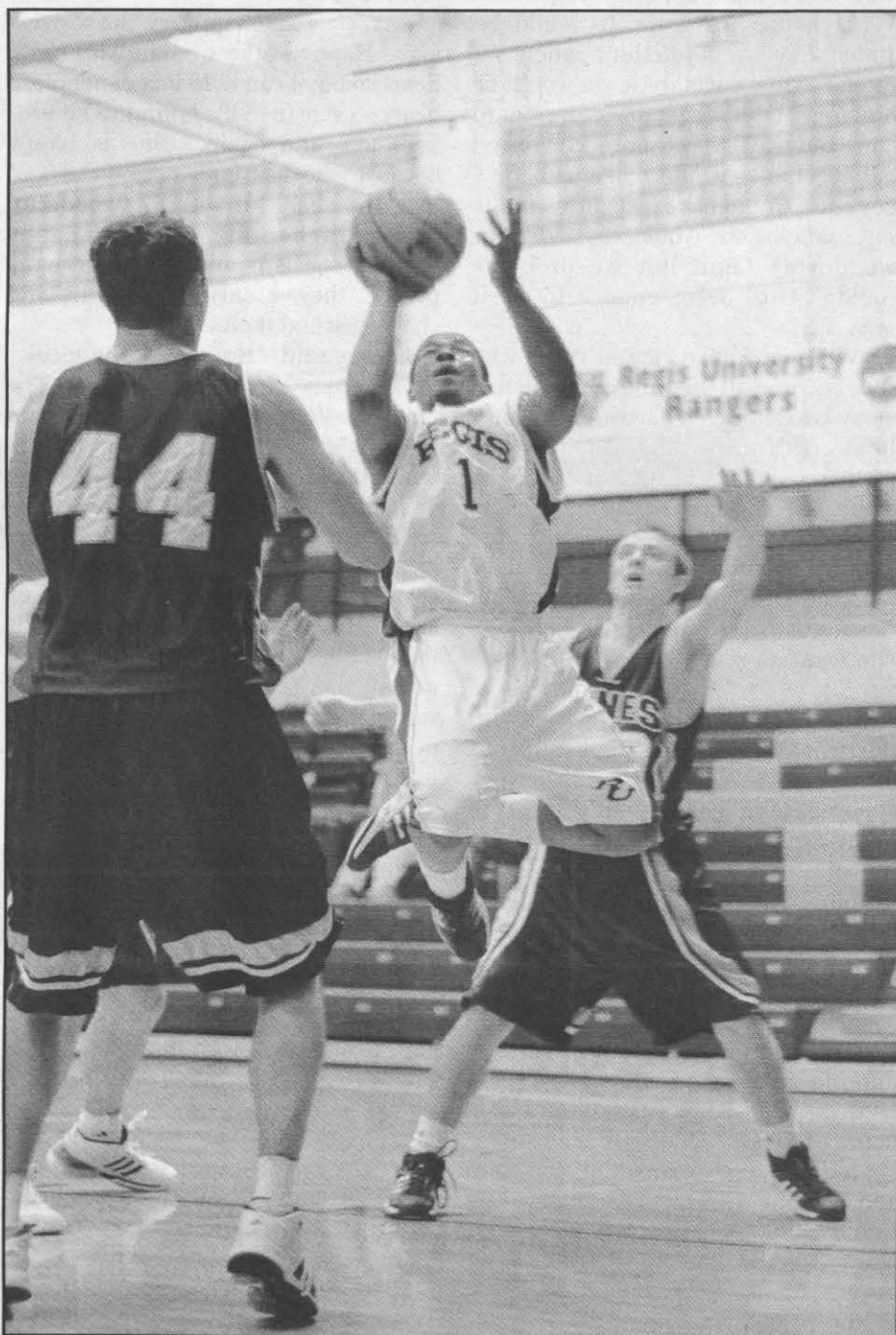


Photo by Brett Stakelin

Junior guard, Gabriel Green gains some air as he tries to sink a basket for two points.

Lady Rangers successful against Mines, UCCS

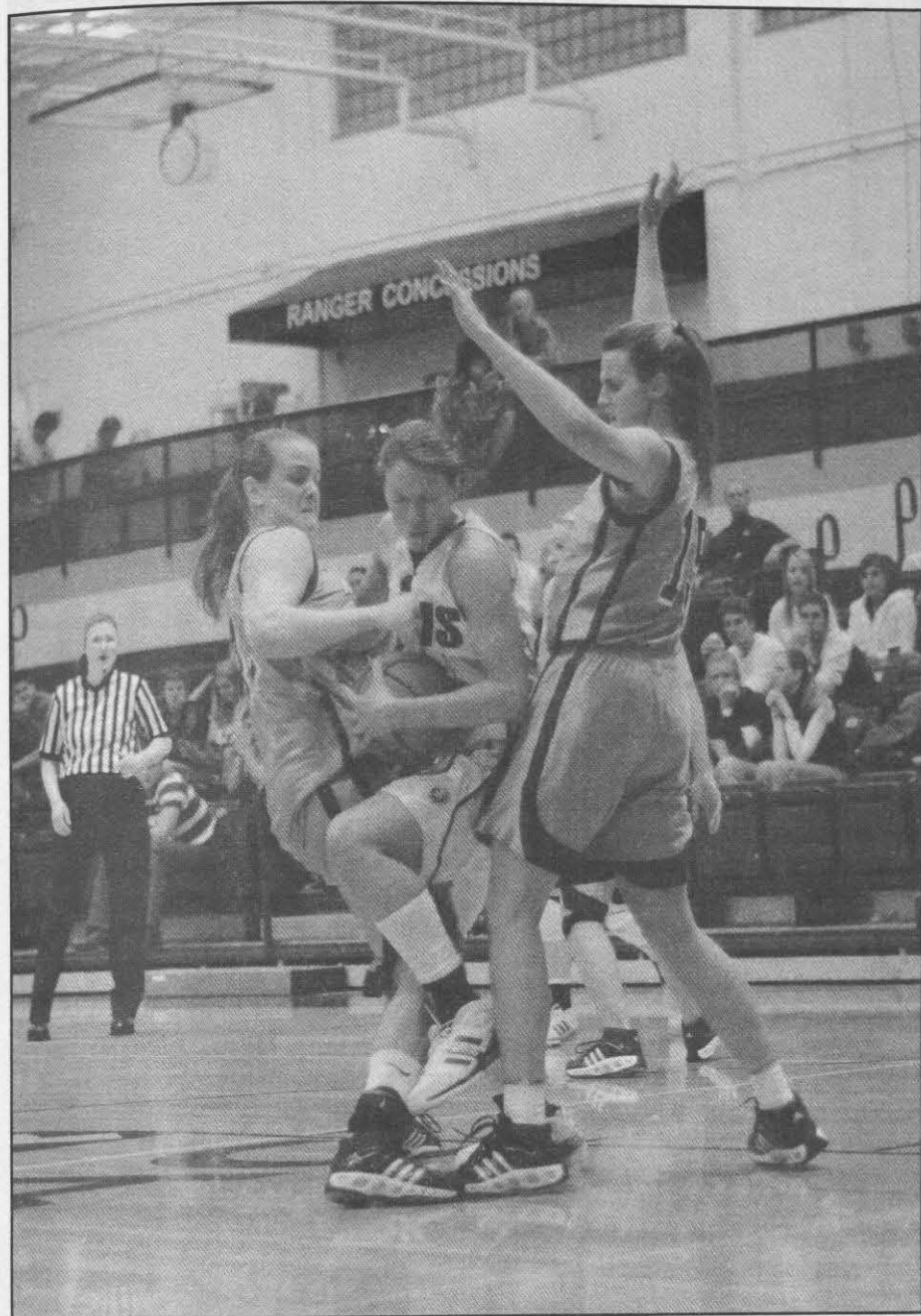


Photo by Brett Stakelin

Junior Paulina Tuell keeps a tight hold on the ball against Mines' defensive block.

UPCOMING GAMES

02/08/08 Friday Metro State 7 PM
 02/09/08 Saturday Colorado Christian 7 PM
 02/12/08 Tuesday UC-Colorado Springs Colorado Springs, Colo. 6 PM
 02/16/08 Saturday Colorado Mines Golden, Colo. 6 PM
 02/21/08 Thursday Nebraska-Kearney Kearney, Neb. 6 PM
 02/23/08 Saturday Chadron State Chadron, Neb. 6 PM

For a complete schedule, please visit <http://www.regisrangers.com>

Bold denotes home game.

Baseball/Softball Preview

Vince Sapienza
Staff Writer

BASEBALL

The Regis University baseball team looks to overcome a dismal 2007 campaign with a solid upcoming season beginning this week against New Mexico Highlands.

Last year's Rangers finished fifth in the RMAC, but members of the team have different ideas on what to expect this season.

This year's team is fueled by young arms on the pitching staff and strong veterans in the defense. This year the Rangers have a tough road ahead of them with the bulk of their games at home being in the first half of the season. This means that when it comes to making that last late season push, the Rangers will have to make it count on the road.

Freshman outfielder Aaron Salvucci feels his new team is ready and able to handle the challenge to make a run to the RMAC tournament.

"This past offseason, we have really come together as a team, been able to gel, and are ready to face the season that is ahead of us," Salvucci said.

This past fall, the team has been able to play some games against other teams and feel that on the whole they have a lot to be excited about. This Saturday, the Rangers hit the road for a game against New Mexico Highlands.

SOFTBALL

Regis' softball team looks to stay in the upper echelon of the RMAC starting this Saturday where they throw off their season against UC-Colorado Springs.

Last year the Lady Rangers finished fifth in the RMAC and are predicted to finish fifth again.

Overall, the Lady Rangers are balanced with some young ladies pitching, while there defense is solidly led by a couple of juniors and seniors.

The team hopes to defy the RMAC predictions by shooting for the top.

Katie Simons
Sports Information Graduate
Assistant

RANGERS DEFEAT MINES: Threes rain in the second half

The Regis women's basketball team got off to a slow start as they shot just 21.4 percent in the first half. In the second half they found their stride hitting eight three point baskets to grab a 63-52 win over Mines.

The Orediggers jumped out to an early lead 8-3 at the 15:50 mark. A drought of over five minutes followed for both teams. The next basket, a three by Breanne Burley (Sr., Kent, Wash.), ended the scoreless streak with 10:30 remaining in the half.

The Rangers took their first lead at 31-30 in the second half with 14:33 on the clock after a Courtney Ault (Jr., Phoenix, Ariz.) three. Over the next two minutes that followed RU hit four three point baskets pushing their lead to eight points at 45-37.

CSM would get as close as five points but back-to-back three's by Stevi Seitz (Sr., Golden Valley, Minn.) sealed the deal for the Rangers.

Breanne Burley led the way for the Rangers as she finished the game with 17 points, five rebounds, six assists and two steals. Seitz, who scored just one point in the entire first half, finished the game with 12 points. She was 3-for-6 from the three point line with six rebounds.

Courtney Ault added 12 points, all from the three point line, and four assists. Paulina Tuell (Jr., Springfield, Mo.) chipped in with 10 points.

RANGERS DEFEAT UCCS: Second half offensive explosion leads Lady Rangers to 90-57 victory over UCCS

Just three days after a tough offensive outing against Metro State the Rangers stormed back pouring in 51 second half points in a 90-57 win over UC-Colorado Springs.

The Mountain Lions got off to a strong start and clung to a one point lead at the 13:09 mark. After that neither team scored a basket for the next three minutes and 21 seconds.

Following the long drought RU took control of the game going on a 12-2 run that started with a Breanne Burley (Sr., Kent, Wash.) three.

In the first half the Rangers held UCCS to just 28 points while forcing 12 turnovers. They were equally as impressive on the offensive end shooting 52 percent and draining six three point baskets. Two RU starters finished the half in double digits as Stevi Seitz (Sr., Golden Valley, Minn.) scored 11 points and Paulina Tuell (Jr., Springfield, Mo.) added 10 points.

The Rangers blew the game wide open starting the second half on a 15-6 run. RU finished the game on a 20-6 run to earn a 33 point victory, their second largest margin of victory this season. Also critical to the Rangers second half dominance was their ability to rebound. RU out-rebounded the top team in the RMAC 36-31.

Seitz posted her fifth double-double of the season and her second in a row. She finished with 20 points, 11 rebounds and three steals. Lauren Luebbe (So, Rochester, Minn.) scored a career-high 20 points, 14 of which came in the second half, she also grabbed six rebounds and was a perfect 6-for-6 from the free throw line.

Courtney Ault added 12 points, all from the three point line, as she was 4-for-6 from behind the three point line. Tuell posted her 15th straight game in double figures as she also scored 12 points and dished out three assists.

Chelsea Porter (Fr., Vancouver, Wash.) came off the bench and drained 3 three pointers scoring 11 points. Breanne Burley had an impressive game at the point as she scored five points to go along with her nine assists, seven rebounds and two steals.



LOVE SPORTS?

WHY NOT WRITE FOR THE HIGHLANDER?

We're looking for dedicated, responsible writers who love sports, and are willing to cover Ranger games. Think that's you?

Contact Maricor Coquia, editor-in-chief, at regishighlander.com



**If you want hymns,
you're in the
wrong place.**
This ain't your mom and dad's church music.

THE AFTERS CD RELEASE CONCERT
with **FALLING UP**
and **EVERYDAY SUNDAY**

Date: Tuesday, February 26th
Time: 8:00pm
Location: Regis University Chapel
Tickets: Free Tickets for the show available in Student Activities (purchased by PAC)

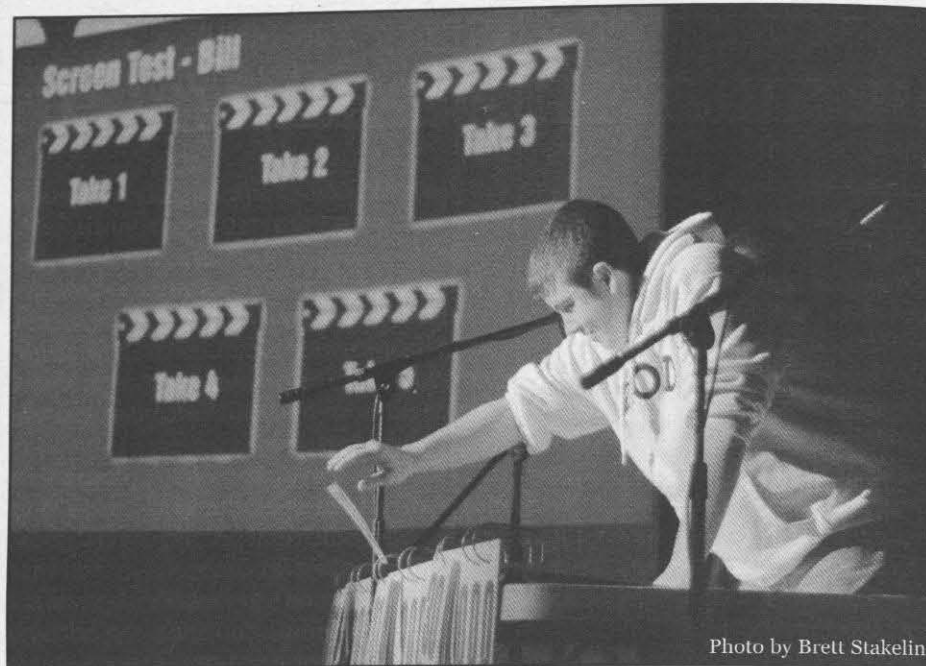


Photo by Brett Stakelin

Morgan Campbell, '11, adds a thousand points to his score after a correct answer.

TRIVIA.MANIA

THURSDAY THRILLS UPDATE

Brett Stakelin
Photography Editor

This week's Thursday Thrills was the "Movie Trivia Game Show." A hit last year as music trivia, this year's movie version proved to be another exciting event. Audience members were allowed to join in the game and take the place of the three contestants on the stage, giving many the opportunity to try their movie smarts and win prizes.

Join us next week for "Bingo Night," with the grand prize being plane tickets for spring break to a destination of the winner's choice. (Hawaii, anyone?) Many other prizes will be given away as well.

Make sure to stop by for Bingo Night, this Thursday at 10pm in the Dining Hall.

Shy Guy's Weekly Ski Food Review

Keystone's Summit House Restaurant



Brett 'Shy Guy' Stakelin: Regis' own ski food connoisseur. Stay tuned for more of Brett's ski-slope dining adventures.

Brett Stakelin
Photography Editor

Gyro

Chocolate Chip Cookie

As an avid skier, I find myself hitting the slopes as often as possible, usually every weekend, and there is no better way to take a break from the slopes than to sit down and have a nice slopeside lunch. Having been doing this for more years than I can count on two hands and one foot, I have found myself to be a connoisseur of 'ski food.'

This week's ski outing landed me at Keystone Ski Resort. The snow was good but the food could have been better. I chose my favorite lunch item from the Summit House Restaurant to review, the Gyro. A Greek classic that feels right at home atop the Rocky Mountains, the Gyro satisfied my hunger for a hearty meal on the slopes.

As I was ordering, I became very nervous that the chef was going to mess up the meal. As he examined the ingredients he said, I really don't know how to make this--so indeed, I got worried. But, to my relief, he said "I'll find someone



Photo by Brett Stakelin

Keyston's Summit House Restaurant never disappoints when it comes to making a delicious, perfect-sized Gyro. As for the chocolate cookie, that recipe proved a little disappointing.

who does." The skepticism ended at the first bite. Warm, fresh, and not too big, this ski food will not disappoint. I would go into detail on the quality and taste of the ingredients, but I really have no clue what it is that they pack into the pita, so I suppose you will have to take my word for it.

Sometimes filling lunches leave me feeling queasy on the next few runs down the mountain, but not with this. It is just the right size and made with just the right things to leave me satisfied but not nauseous. The consistent quality of the product and its wonderful blend of flavors, I'll give the Gyro the double black diamond.

Along with the Gyro, I purchased a chocolate chip cookie. As you may have read that I did the same last week, it is because I really like chocolate chip cookies. But with the cookie came disappointment. I really had my mind set on the lovely obtuse-triangle-shaped brownies that are usually so good, and big enough to save some for the ride home, but the brownies were nowhere to be found. The cookie really wasn't too good. A little too crunchy and a bland taste that left me wishing I had eaten something else. Just because the Gyro was so good, I'll give the cookie the blue square.

RATING SYSTEM:

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Bad

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Excellent

BORED?

Golden Gate Canyon State Park offers fun, healthy option

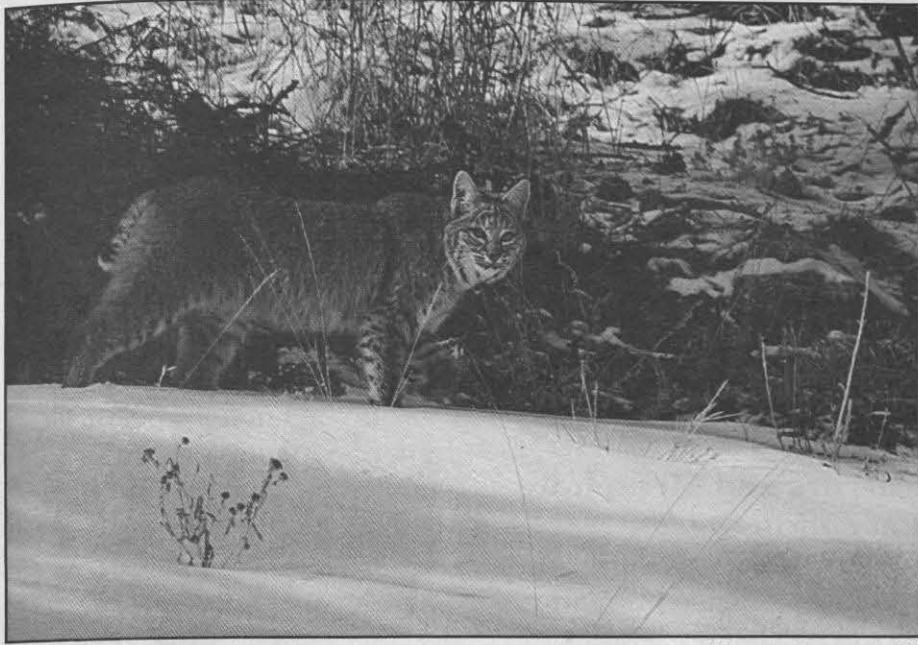


Photo by Reagan Pufall

Seeing wildlife in person is much 'cooler' than getting a glimpse of say, a bobcat, as seen above, on T.V. Highlander staffer Reagan Pufall suggests more students check out parks and hiking trails like those found at Golden Gate Canyon State Park, about 40 minutes from campus, to get you up and about during this wintry season.

Reagan Pufall
Staff Writer

A great way to stave off the freshmen fifteen is to exercise. Instead of running on a treadmill all day, why not take advantage of where we are? Up in the Rockies are dozens of fantastic parks to go out and hike on for a few hours or more. About forty minutes from us is a particularly good one, Golden Gate Canyon State Park.

Golden has a particularly beautiful trail called horseshoe. Running next to this trail is a little mountain stream that when it has warmed up enough for it to unfreeze, will produce a relaxing sound as the water gently runs. If you are up early enough you can also catch birds and small mammals making use of it.

Following the trail further you come upon a meadow lying before Tremont Peak with a small aspen grove. Nestled in the middle of this meadow is an old run down cabin from the pioneer days.

You can break off from horseshoe to follow elk and then Snowshoe Hare trail up to Dude's Pond. Most people will not take the time to hike up to it, though, unfortunately missing what could be a great place to sit and watch the clouds reach the tops of mountains. And if you are so inclined, you can also fish at Dude's Pond (when it has unfrozen, of course.)

Taking a sit on the southern edge of the pond, the side of a mountain is reflected with an aspen grove making a yellow belt atop the water's surface--a picturesque reflection, especially still days.

Furthermore, although I have never made the climb myself, Burro trail will take you up to top of Windy Peak at 9,000 feet. The trail is hard and it is not a suggested winter hike.

The best time of day to hit the trails is early morning. In the experiences I have had, most people who frequent this park are afternoon hikers. This also gives you the best chance to come upon some of the animals of the park.

Deer like the northeastern part of the park and all around are rabbits. If you have sharp eyes and a bit of luck you can spot a bobcat that makes this park home. A bobcat has been typically seen once a week or more according to the park rangers and I myself saw one the last time I was there (as shown in the picture above). Mountain Lion sightings are rare and far between, rarely sighted by visitors and usually by park rangers out at odd times.

Hours run from 5am to 10pm with the office open from 9am to 4pm. A

Although the weather may be a little glum this time of year; it's worth the trip--at least to get you off the couch, out of your dorm room, and a good space away from the rigors of academia.

day pass vehicle fee is six dollars. Current conditions are a little below freezing with the ponds and streams well iced over. The trails have a range of 2 feet of snow depending on their locations. There are no trail closures, but a few campgrounds are closed for the season.

Although the weather may be a little glum this time of year; it's worth the trip--at least to get you off the couch, out of your dorm rooms, and a good space away from the rigors of academia.



HOROSCOPES

BY JEN JANES, JACQUELINE KHAROUF, & JESS KNAPP
Mistresses of the Cosmos

Today's Birthday

Just because your last birthday was a little wishy-washy, doesn't mean this one won't also leave you in an existential blur. However, if you would wipe the smudge from your black plastic frame glasses, you might just change all that.

♈ Capricorn



Capricorn

(Dec. 22-Jan. 19)

The eyes are the windows to the soul. Unfortunately for you, that laser eye surgery

you had last week seems to have seared out your soul.

♒ Aquarius



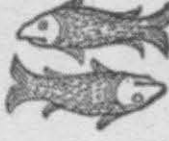
Aquarius

(Jan. 20-Feb. 18)

Your life is extremely harried right now. So much so that you can barely even say hello

to people in the hallways. What has life come to? The stars don't know either.

♓ Pisces



Pisces

(Feb. 19-Mar. 20)

A stitch in time saves nine. But alas, you never did understand what that saying

means, and now you're in line for some pretty extensive facial reconstructive surgery.

♈ Aries



Aries

(Mar. 21-April 19)

You always have enjoyed being one of those people who talk, laugh, and scream

during movies at the local theater, and the stars have paid no mind. But the stars will never forgive you for ruining *Hannah Montana* & *Miley Cyrus: Best of Both Worlds Concert* in *Disney Digital 3D*.

♉ Taurus



Taurus

(April 20-May 20)

You've never looked better kid--so keep that in mind when they tell you you're

not quite ready to model for that dietary supplement commercial. Soon (oh, soon!) you'll be wonderfully, and superficially, beautiful.

♊ Gemini



Gemini

(May 21-June 21)

Consider these words of wisdom from the ultimate super-nerd character-driven film:

Glory Fades. You, like Max Fischer, will have painful challenges ahead of you. But, do not fear! All these challenges (even the unnecessary ones) will finally make you charming and generally less pungent.

♋ Cancer



Cancer

(June 22-July 22)

While you may seem friendless and even ignorable when ranked by your parents (you know

they rank their children), this week will end miraculous well. Yes, finally learning that money doesn't grow on trees will make you the child your parents always wanted.

♌ Leo



Leo

(July 23-Aug. 22)

It doesn't really make sense, but it seems you've been dumped for reasons no one

can accurately explain. This shouldn't discourage you however, from continuing to harass your previously significant other. After all, he/she probably won't find another date before Valentine's Day.

♍ Virgo



Virgo

(Aug. 23-Sept. 22)

Fate is not on your side this week. On Thursday, after stepping in a rather large

pile of dog poop, you will find out that your computer has crashed this time, and will have to tell you professor. He, already knowing you have used this excuse twice so far this semester, will subsequently not accept a late paper and fail you.

♎ Libra



Libra

(Sept. 23-Oct. 23)

With Venus aligning correctly, you will find an unexpected twenty dollar bill in your coat

pocket. Be careful not to spend it all in one place though, as the moon brings in some risky financial air around the end of the week.

♏ Scorpio



Scorpio

(Oct. 24-Nov. 21)

Having lost your lucky chapstick at the beginning of the week, the end of the

week will bring much brighter days when you realize that you have lost five pounds in two weeks! Stay off the Ho-Ho's and keep at it!

♐ Sagittarius



Sagittarius

(Nov. 22-Dec. 21)

With Mars settling in, you begin to feel hostile towards your best friend. Now is the

time to let out all of your frustrations and be honest with that person. After all, there are plenty of fish in the sea, and finding a new friend is a snap in college!

COMMUNITY/CAMPUS EVENTS

Tuesday, Feb. 5 2008 Career and Internship Information Fair

Worried about your future? Looking for a job? Don't sweat it--Career Services has you covered. Take a leap to jump-start your future by stopping by the 2008 Career and Internship Information Fair, which will be held from 10 to 2 p.m. in the Student Dining Hall. Business Casual attire is recommended.

Wednesday, Feb. 6 Ash Wednesday

Lent begins today with liturgy services at 8 a.m., 5 p.m., and 9 p.m. in the St. Francis Regis Chapel. There will also be an Interfaith Prayer Service, also with ash distribution, at 11:30 a.m. All are welcome.

Thursday, Feb. 7 O'Sullivan Art Gallery Talk

Come on over to the O'Sullivan Art Gallery in the Fine Arts Building (just east of Main Hall) this Thursday (Feb. 7) at 7 pm for an informal gallery talk by Dr. George Rivera. Dr. Rivera is a recognized expert on the subject of Chicano art. He will be speaking in the

Gallery about our current exhibition "The Serie Project," a Texas-based collaborative effort to encourage the creation of Latino art. The talk is free and open to all. Coffee, tea, and chocolate will be served.

Friday, Feb. 8-10 Ignatian Discernment Retreat

Have you thought about your future? About the plan God has for you? Would you like to learn more about rules of discernment in the Ignatian tradition? Take the time to do some soul-searching learning from our president Fr. Sheeran. To be held at the Sacred Heart Retreat House in Sedalia, CO from 7 p.m. Friday to 3 p.m. Sunday. Registration is \$50, with full refund upon participation. Contact Fr. Hung Pham at hpham@regis.edu, 303.964.5103, or on the 2nd Floor of the Student Center for questions.

Friday, Feb. 15 Urban Plunge Retreat

Explore homelessness and poverty from a faith perspective in the 24-hour Urban Plunge retreat from 5 p.m.

Friday, Feb. 22 to 5 p.m.
Saturday, Feb. 23. Cost is \$10, including an overnight stay at Casa Karibu, a mission welcome house. Applications are now available in the University Ministry Office (Student Center 200), and are due on Feb. 15. For questions or more information, contact Katie Maslanka at kmaslank@regis.edu or 303-964-5385.

Monday, Feb. 18 Mirrors and Metaphors Reception

Sponsored by Active Minds and Regis' Suicide Prevention Program, a community art show reception will be held in the Dayton Memorial Library from 4:30 - 6:30 p.m. Light receptions will be served. The event is open and free to the public. For more information, contact Sally Spencer-Thomas at 303-458-4323 or sspencer@regis.edu.

Wednesday, Feb. 20 Study Abroad Applications Due

Planning on heading overseas next semester? Applications for Study Abroad Fall Semester 2008 are now available and

can be picked up in the Office of Summer Session and Study Abroad - Loyola 12. For more information contact Mary Cook at mcook@regis.edu or call 303 964 5146.

Thursday, Feb. 21 Leadership Studies Minor Applications Due

The Minor in Leadership Studies is a 12 credit minor with a prerequisite seminar (Freshman, Sophomore, or Junior Seminar). The minor complements any major and gives students a number of scholarly projects and experiential opportunities augmenting their chosen career path. Students who are interested should complete an application packet including the application form (download from www.regis.edu/leadership), resume, letter of intent (2 pages - demonstrating leadership character, diversity and commitment to scholarship), and letter of reference (from a nonrelative mentor - e.g., employer, faculty member, coach). Questions? Contact Sally Spencer-Thomas at 303-458-4323 or sspencer@regis.edu or visit: www.regis.edu/leadership

SUDOKU

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SPEAK

STUDENTS FOR PEACEFUL ENVIRONMENTAL ACTION AND KNOWLEDGE



All students, faculty, and staff who are passionate about the environment are encouraged join SPEAK, and help make Regis a more sustainable campus. SPEAK is dedicated to improving our communities by raising awareness of the issues that affect not only us and our neighborhoods, but our global society and futures.

Questions? Contact Zach Owens at owen467@regis.edu